

Men's Health Tips: Prostate & Breast Cancer

Imagine a hot August day, you take your child out for a swim and your wife notices a lump on your chest. You get it checked out and three weeks later you are having surgery for breast cancer. This was a reality for Dr. Charles Faselis, Chief of Medical Services at the Washington DC VA Medical Center.

Unfortunately, this story is a reality for many men in America. Although only 3% of men are diagnosed with breast cancer every year, men have a tendency to ignore their symptoms. "I noticed that lump 8-months ago before I was diagnosed with cancer. If I did the right thing, I should have contacted my physician sooner, no questions about it. I'm sure if I were a woman I would have gotten it evaluated sooner," said Dr. Faselis.

He wants men to learn from his story. "Don't blow off your symptoms and don't let the "machismo effect" cloud your judgment when it comes to seeking medical advice." He also strongly urges men to see their physicians regularly for a colonoscopy and prostate screening. Deaths from prostate cancer are almost equal to deaths from breast cancer.

Dr. Faselis wears a breast cancer lapel pin on his white coat to signify three years of survivorship. "We live in an age where some cancers which were untreatable a couple of decades ago, are now very curable," said Faselis.

During his treatment Dr. Faselis made a commitment to caring for his patients by coming to work each and every day. "I had a lot of help from the VA and from my friends. I will always feel indebted to the people at the DC VA Medical Center because they were so helpful during my diagnosis."

